

Corona Virus/Covid 19.5 Advice

If you feel unwell, particularly with any of the following symptoms, please do not come to the studio: **A cough, A high temperature, Shortness of breath**

Before coming to the studio please shower and put fresh clothes on.

On arrival at the studio please wash your hands for a minimum of 20 seconds.

Wash your hands again before leaving.

Avoid any unnecessary physical contact such as kissing or hugging.

Pole Students:

Please clean your poles prior to use with the cleaning sprays and cloths provided. We recommend bringing your own clean pole cloth.

Use the cleaning sprays/cloths to wipe down surfaces such as your mobile phones and grip bottles.

At the end of each class please clean your pole again.

Ensure you bring clean items into the studio so that any items in your kit bag are clean e.g. knee pads, pole cloths and leg warmers.

For up to date advice please visit- <https://www.nhs.uk/conditions/coronavirus-covid-19/> If in doubt call 111.

General NHS advice:

- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ always wash your hands when you get home or into work
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ put used tissues in the bin straight away and wash your hands afterwards
- ✓ try to avoid close contact with people who are unwell
- ✗ do not touch your eyes, nose or mouth if your hands are not clean